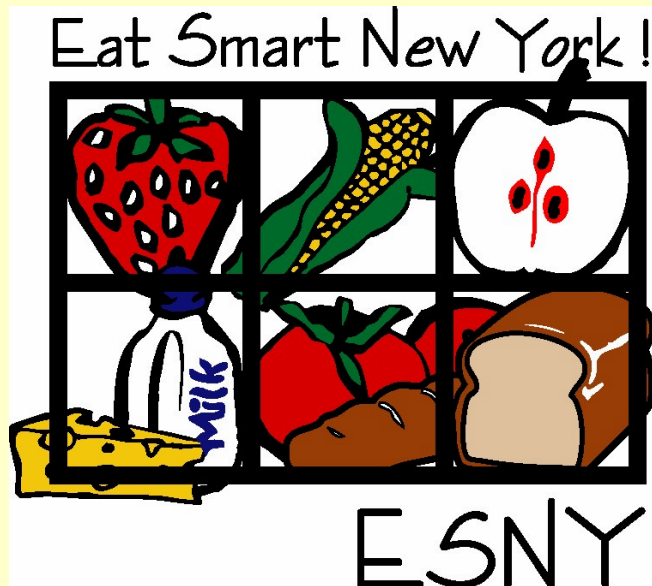
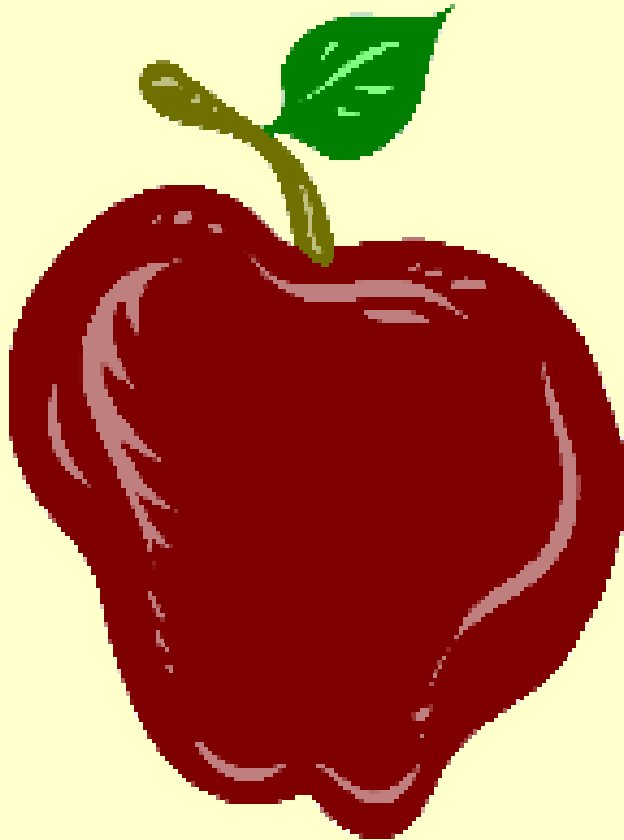


# EAT SMART NEW YORK!



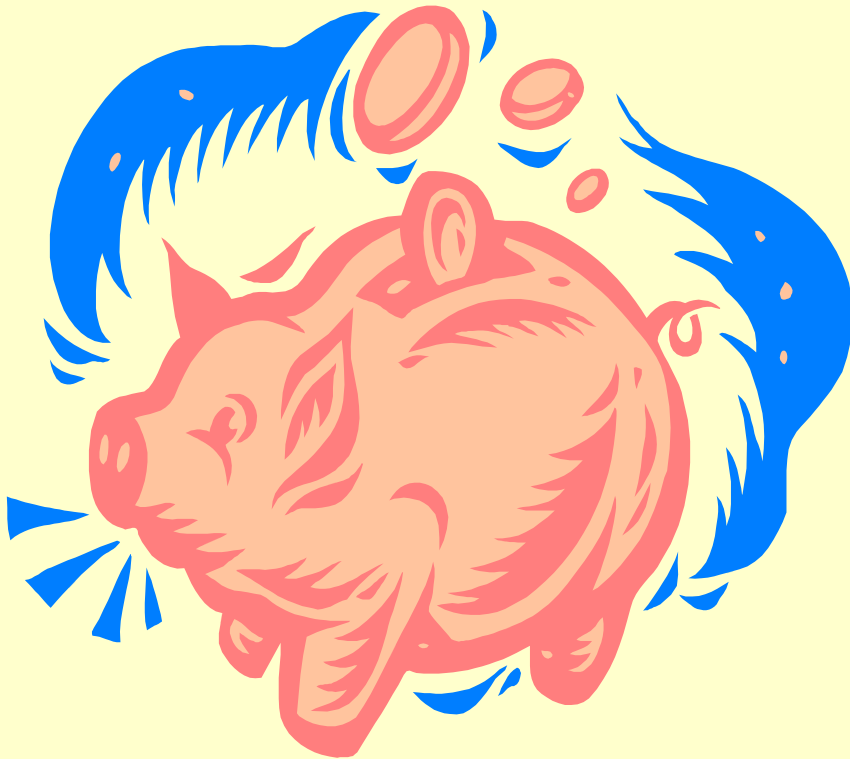
- Nutrition Education Program
- 6 Projects at start 5 years ago
- 2003 – 52 projects statewide
- 2004 – 56 projects statewide

# What is ESNY?



- Nutrition education program
- Free to food stamp participants and those who are eligible

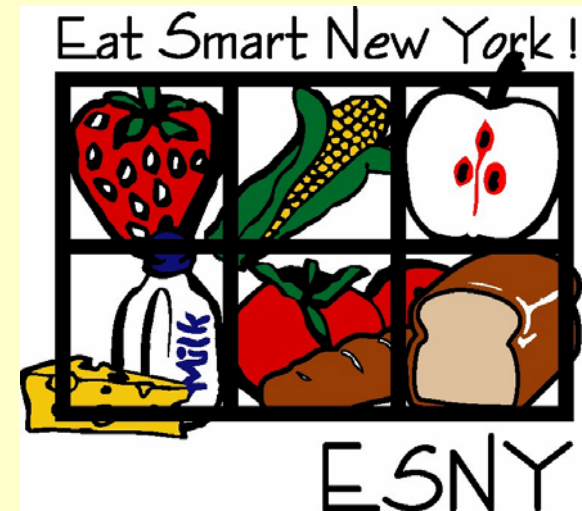
# Where does funding come from?



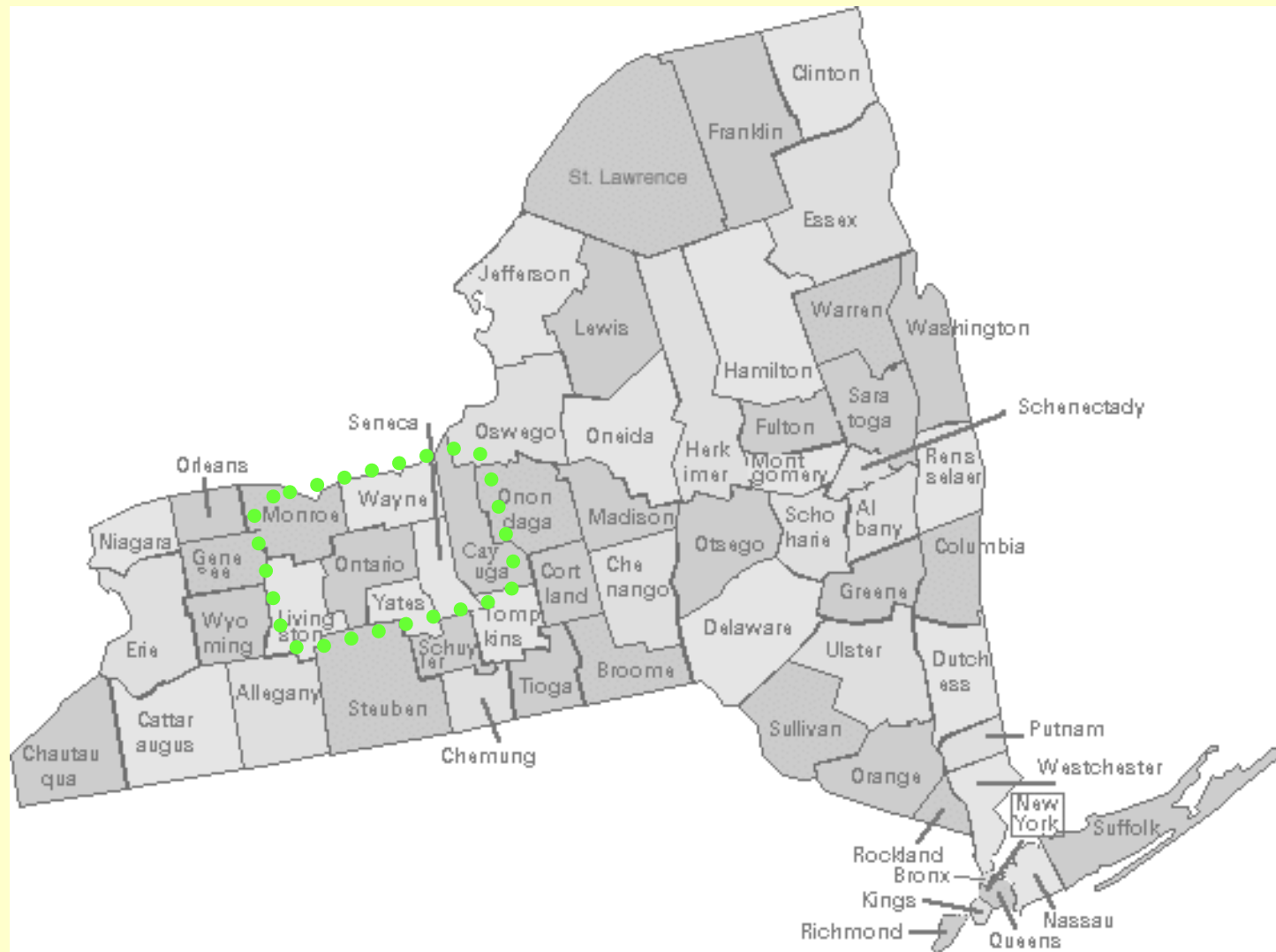
- Food and Nutrition Service of USDA
- Cornell Cooperative Extension
- State and Local Program Partners

# ESNY Objectives!

- Dietary Quality
- Food Security
- Food Safety
- Shopping Behavior/Food Resource Management



# Finger Lakes FNEC Region



# *Stretch* Your Food Stamp Benefit

## Look What \$10 Can Buy!



# **s-t-r-e-t-c-h Your Food Stamp Benefit**

Try these meal ideas!!

- ## Look What \$10 Can Buy!!

A photograph of various canned food items. In the foreground, there is a can of Campbell's Condensed Soup, a box of Elbow macaroni, and a can of peas. Behind them is a large box of Campbell's Condensed Soup and another box of Elbow macaroni. The items are arranged on a dark surface.

3, 16 oz. packages store brand pasta	1.00
--------------------------------------	------



3, 6 oz. cans StarKist tuna in water	1.00
--------------------------------------	------

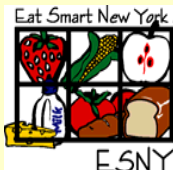


1,  $\frac{1}{2}$  Gallon store brand 1% Low-fat Milk 1.26

1# (80% lean) Ground beef	1.89
---------------------------	------

**Total**\_\_\_\_\_ **\$10.31**

(No product endorsement is intended. Reflects sale prices in effect 1/03)



**Eat Smart New York is funded through FNS/USDA, Cornell Cooperative Extension of Onondaga County with support from the Onondaga County Department of Social Services.**

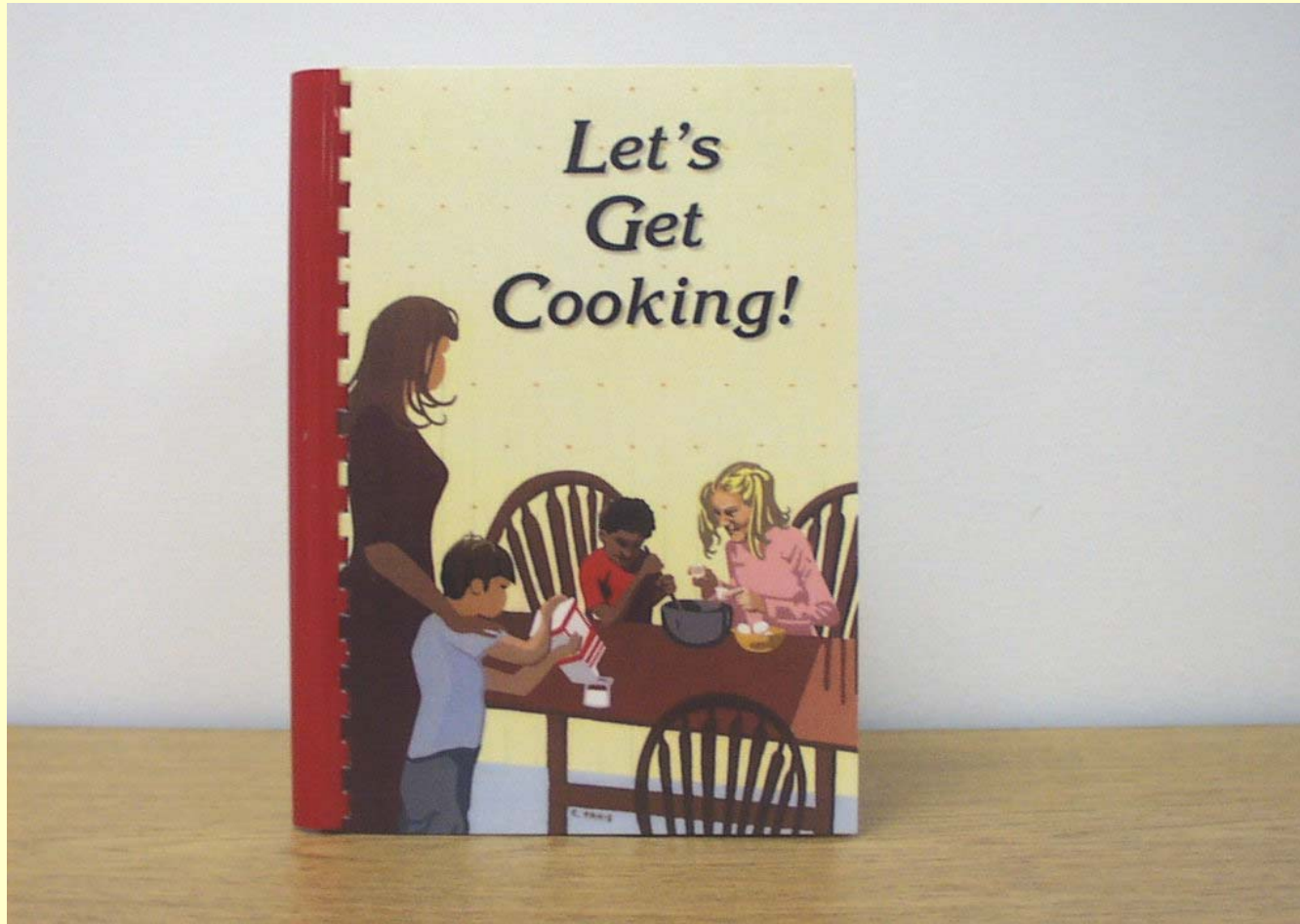
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For help with stretching your food resources or to sign up for our group nutrition education classes conducted throughout the community call Cornell Cooperative Extension at (315) 424-9485. Extension 239 or 238



# Let's Get Cooking

A Cooking Resource for Low-Income Families



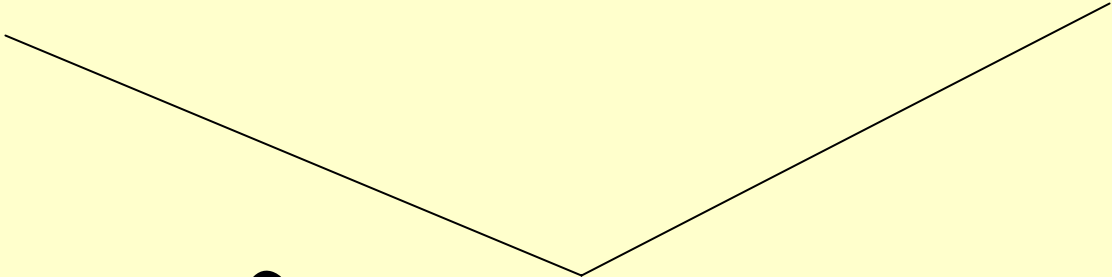


CEB

Credit Education Bureau:

*Financial Responsibility Through Education*

CORNELL



# Collaboration

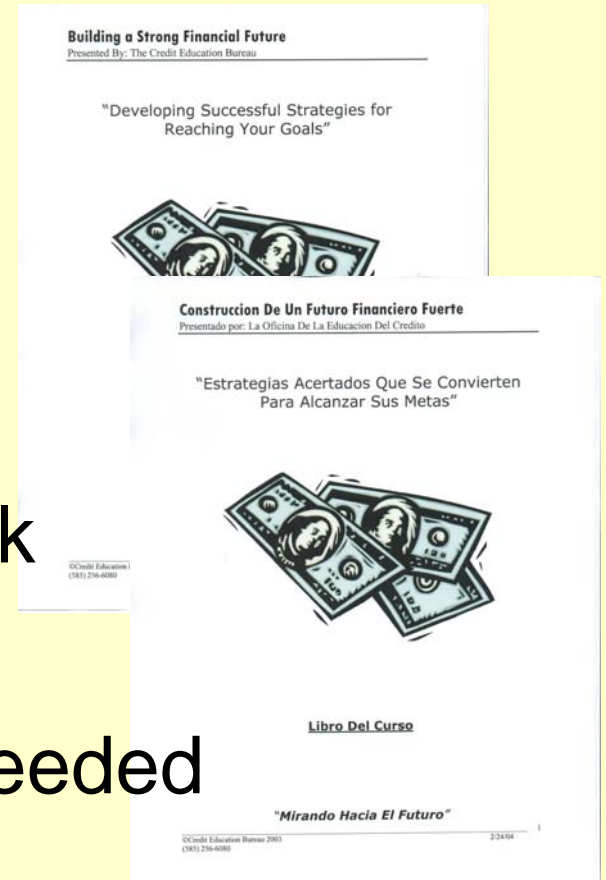
# CNEP Food Resource Educational Techniques

- Unit pricing
- Label reading
- Meal planning
- One dish meals



# CEB Household Resource Management Techniques

- 1.5 Hour Training
- English and Spanish Workbook
- Individualized assistance as needed



# Collaboration Objectives

## Food Stamp Recipients will

- ❑ identify money saving strategies for purchasing, preparing, and storing nutritious low-cost food
- ❑ determine their financial goals
- ❑ rely less on emergency food programs
- ❑ determine ways to cut back on expenses and gain more money
- ❑ learn how to create a spending plan that meets their needs



# Evaluation of Program Impact

## ■ Multiple Data Sources

- Success stories that focus on observed behavioral changes
- Sharing of best practices among project sites
- Site visits and observations of program implementation
- Pre and post-tests of nutrition practices, food safety and food resource management behaviors



# Percent Behavioral Change Based Upon Entry and Exit Behavioral Checklists

<b>% Improvement</b>	<b>Impact Indicator</b>
50%	Planned meals more often
50%	Increased comparison shopping
60%	Improved their practices of using a grocery list
60%	Less likely to run out of food at the end of the month

# Finger Lakes Region Positively Impacts Behavior

Participants show improvement in one or more food safety, dietary quality and food resource management behaviors

